

RAIDERS

**UNIVERSITY OF MOUNT UNION
- RECREATION AND WELLNESS -
RAIDERROBICS**

OPEN TO ALL STUDENTS, FACULTY, AND STAFF

TABATA BOOTCAMP

(9 PEOPLE MAX PER CLASS)

MONDAY: 5:30PM-6:15PM

WEDNESDAY: 5:30PM-6:15PM



CLASSES START MONDAY, JANUARY 11

FOR MORE INFORMATION, VISIT

[HTTPS://WWW.MOUNTUNION.EDU/RECREATION-AND-INTRAMURALS](https://www.mountunion.edu/recreation-and-intramurals)